

FITNESS PROFESSIONALS FITNESS TEST

*As many Rounds as you can complete in 15 minutes:

- 1. 15 BODYWEIGHT SQUATS**
- 2. 20 SPLIT JUMPS (10 EACH LEG)**
- 3. 15 PUSHUPS**
- 4. 10 BURPEES (MINUS THE PUSHUP)**
- 5. 16 MOUNTAIN CLIMBERS (8 EACH LEG)**
- 6. SPRINT ABOUT 15 YARDS AND SHUFFLE BACK**
- 7. SPRINT ABOUT 15 YARDS AND SHUFFLE BACK (OPPOSITE WAY)**
- 8. JUMP ROPE- 30 JUMPS**